



Peanut Butter Fruit Parfait Recipe

Preparation Time	10
Cooking Time	25
Serving Size	10

Ingredients:

- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve syrup
- 2 Tbsp sugar, white
- 3/4 cup all-purpose cream, chilled
- 1/4 cup condensed milk
- 1/4 cup peanut butter, creamy
- 6 pc peanut butter cookies, crushed into chunks (including the filling)

Preparation:

1. Cook DEL MONTE Fiesta Fruit Cocktail in sugar with 3 tablespoons of reserved fruit cocktail syrup for 2 minutes. Set aside.
2. Beat cream until light and airy. Add condensed milk and peanut butter. Mix well. Set aside.
3. Arrange cookies in 8 - 10 individual glasses. Layer with DEL MONTE Fiesta Fruit Cocktail and cream mixture. Repeat layering with the rest of the fruits and the cream mixture.

Chef's Tip

Chilling the cream makes sure that it will be easy to whip later on. For maximum volume, place your bowl and whisk in the freezer for 30 minutes before using to make sure the cream stays cold.

Lusog Notes

Two servings of this dish gives you a source of vitamin C that helps fight common infections. Vitamin C also plays a role in enhancing the absorption of iron in the body.

Cooking Skills Needed

- Layering
- Mixing
- Pan-Frying

Cooking Tools

- Can Opener
- Glass
- Spoon
- Mixing Bowl